

QUESTIONNAIRE.

- 12A. Do you currently exceed the Army's body fat standard? YES NO DON'T KNOW
- 12B. When did you realize you needed to start making diet/exercise changes in order to make the Army's body fat standard?
- At the record APFT (\_\_\_\_\_enter mo/yr)
- At the diagnostic PT test (\_\_\_\_\_enter mo/yr)
- 1 - 3 months before the PT test
- I always struggle with making tape
13. Why do you think you gained body fat?
- \_\_\_\_\_
- 14A. What is the most you have ever weighed\_\_\_\_\_ (lbs)
- 14B. When was that?\_\_\_\_\_ (approx mo/year)
- 14C. Did you have to lose weight to join the Army?
- YES NO How much? \_\_\_\_\_ (lbs)
15. Are you depressed, feeling down, lost interest in your favorite activities or feel overwhelmed?
- YES NO
16. Were/Are your parents overweight? YES NO
17. Was healthy eating important in your family growing up?
- YES NO
- 18A. Prior to this class, have you ever had nutrition education from a registered dietitian or from a class during school or college? YES NO
- 18B. Where do you get your nutrition information? (CIRCLE all that apply)
- None/I don't read about nutrition
- Books
- Magazines
- TV
- online
- Newspaper
- Friends/family
- NCOs
19. Are you married? YES NO
- Does your spouse live with you? YES NO
- Is your spouse overweight? YES NO NOT SURE
- 20A. How many children live with you?
- N/A 1 2 3 4 5 6 7 8
- 20B. Are any overweight? YES NO NOT SURE
21. How many meals per week does your family eat together at the same table?
- 0 1 2 3 4 5 6 7 8 or more

5 POINT CHECKLIST

MISTAKES THAT LEAD TO WEIGHT GAIN

MISTAKE: ACTION: REASON:

1. Skipping Meals	Put something in your stomach in the morning, afternoon and evening. Meals don't need to be large. If you are rushed because of PT or school, keep healthy choices in your room such as cereal, fruit, and milk.	Your body has an overruling ability to survive. In the absence of food, your body slows its metabolism A LOT! A slowed metabolism makes it easy to gain weight and difficult to lose weight. Breakfast is the most important meal of the day!
2. Eating fast food or eating out	Eat less fast food. Eat out less often.	It's difficult to eat low fat when eating at restaurants. A double burger with cheese, large fries and large coke provides almost 1800 calories in one meal; this is what most people need in one day.
3. Drinking Alcohol	Cut down or abstain from alcohol	All alcohol is stored as fat
4. Drinking beverages with calories	Drink beverages that are calorie-free. Two 20-oz sodas per day equal a pound of fat gain a week.	Beverages with calories include fruit juice, and sports drinks, not just soda and koolade. Liquid calories add up quickly and don't contribute to a sense of fullness.
5. Too little aerobic exercise	"Build up to 30 minutes of aerobic exercise four days per week".	Aerobic exercise is important for changing body composition. Limit TV, computer and video game time

DID YOU REMEMBER TO....?

- ☐ Drink at least 8-10 cups of water?
- ☐ Eat breakfast?
- ☐ Cut back on sugary drinks?
- ☐ Eat every 3-5 hours?
- ☐ Decrease portion sizes?
- ☐ Eat less when dining out?
- ☐ Turn off the TV while eating?
- ☐ Get at least 30 minutes of physical activity?
- ☐ Read food labels for serving sizes?
- ☐ Find another activity to substitute for emotional eating?
- ☐ Avoid high-fat meats: bacon, sausage, ribs, hotdogs, bolonga, salami, and breaded meat.

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WEIGH TO STAY  
United States Army Nutrition and Weight Control Program



